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PATENT
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Applicants : Gardiner et al.
Serial No. : 09/482,688
Filed : January 13, 2000
For : Food Supplement for Increasing Lean Muscle Mass and Strength
Examiner : CHOI, F.
Art Unit : 1616

Mail Stop AF
Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313

I hereby certify that this correspondence is being deposited with the United States Postal Service as first class mail with sufficient postage in an envelope addressed to: Mail Stop AF, Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450 on

Date: Jan 27/2003
Signature: John F. Resek
Reg. No. 52,162

AMENDMENT

Dear SIR:

This amendment is responsive to the Office Action dated December 31, 2002 in the above-captioned application. The Commissioner is hereby authorized to charge any payment due in connection with these papers, or credit any overpayment, to Deposit Account No. 11-0600.

In the Specification:

At page 1, line 20, immediately below "**SUMMARY OF THE INVENTION**", please add the following two paragraphs:

FI SWS
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The present invention provides a method for supplementing the diet of an athlete, comprising administering as part of the diet an effective